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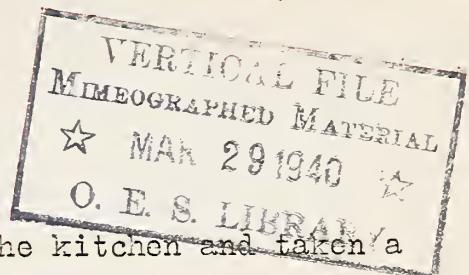
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COOKING TEMPERATURES

In recent years, scientists have gone into the kitchen and taken a lot of the guesswork out of cooking. They have introduced temperature-measuring and regulating devices to help women keep food at the right temperature and hold down waste from too much heat or too much cold.

The oven thermometer and regulator are both helpful in following exact temperatures for baking. They offer a simple way to make sure that the oven is moderate enough to cook dishes made with eggs or other delicate proteins without toughening them. They also assure you that the oven is the right temperature to give a pan of rolls a crisp crust without burning the edges. In fact, these instruments serve as useful guides in baking most any food exactly right.

The roast-meat thermometer is another device that helps the cook to turn out perfectly cooked meats. Inserted into the center of the thickest part of a ham, a prime rib cut of beef, or a leg of lamb, and left there all the time the roast is in the oven, it will tell when the inside of the roast is cooked to just the desired turn. Because the thermometer tells the temperature in the center of the roast (the part that gets "done" last), it shows when the meat is exactly right for serving. And it keeps you from overcooking the meat and wasting more than necessary through shrinkage.

The proper temperature is also important in storing foods before they are cooked. There are some foods, such as bananas and sweetpotatoes, that keep best at room temperature. Others, such as dairy products and meats, require good refrigeration to prevent the growth of bacteria.

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